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Institutional Feeding Managers

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Stewards-Chefs-Cooks

ATTENTION PLEASE!

Vol. 2 - No. 8 December 18, 1944

THE NATIONAL NUTRITION PROGRAM FOR INDUSTRY

The major causes of malnutrition in the United States can be classified into four groups:

1. Poor Food Habits;
2. Failures in Provision;
3. Economic Factors;
4. Metabolic Stress.

The conditions of unusual metabolic stress, "such as illness, increased working hours, extremes of temperatures, speed-up work, insufficient rest, etc., which increase energy consumption, produce a proportionate increase in the body's nutritional requirements. The effects upon the individual of nutritional deficiencies acquired during such periods may be long standing and far reaching".

Efforts to improve the nutritional status of the workers should be strictly cooperative by Management and the employees. Each meal served within the plant should be designed to furnish at least one-third of the workers' daily dietary requirements. Employing a well trained dietitian to manage the cafeteria would serve at the same time to increase the nutritional value of the meals and decrease the overhead. Small plants in a community might jointly employ one dietitian to supervise the quality of the meals served and the marketing for each of them. Intelligent marketing serves to keep down costs. Such marketing requires an understanding of the nutritional values of foods, in addition to a knowledge of where and when to buy. In other instances, small plants may call upon the local nutrition committees for advice.

Whether the lunch program is operated by Management or by a feeding contractor, we recommend that the plant management should always be responsible for the quality of meals served and the cost of the meals to the employees.

Cooperation of the workers will have to be enlisted through a carefully planned program supported by a promotional campaign.

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WAR FOOD ADMINISTRATION OFFICE OF DISTRIBUTION
Industrial Feeding Section-Room 700-821 Market Street San Francisco, 3, California
Telephone Exbrook 8381-Ex,47

An Industrial Feeding Representative can be of assistance to Management in many ways, including:

1. Impartial advice to plant executives on methods for improving in-plant feeding conditions and on the most effective use of available equipment, based upon confidential plant surveys conducted by individuals who were selected for this work because of their many years of practical experience.

2. Competent advice on setting up effective nutritional education programs by providing information on the source and nature of nutrition posters, pamphlets, flyers, news releases, programs, etc.

3. Suggestions as to cafeteria and canteen menus which provide for the nutritional needs and are compatible with food supplies and rationing programs.

4. Advice as to organizations, individuals, and community programs which are in a position to assist in nutrition programs.

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FAT GIVES DEPTH BOMBS THEIR SMASHING POWER

IT TAKES 80 POUNDS OF

FAT

TO MAKE A SINGLE DEPTH BOMB.

SAVE

FATS and OILS.